

PURPOSE

Bureau of Labor Statistics (BLS) show that work-related musculoskeletal disorders (WMSDs) account for nearly half of the occupational illnesses reported in their annual survey and represent an increasingly large percentage of annual workers' compensation claims. WMSDs represent the largest job-related injury and illness problem in the United States today and cost the U.S. economy in excess of \$50 billion per year. Many of these disorders are caused by poor ergonomic design of the workplace.

Ergonomics is the science of fitting workplace conditions and task demands to the capabilities of the human operator. Ergonomics seeks to design and adapt the workplace, job, tasks, tools, equipment and environment to improve the comfort, efficiency and well-being of workers. A proper human-centered workplace design will improve productivity, reduce illness and injury risks, and increase job satisfaction and performance. As a member of the DoD Ergonomics Working Group, the Coast Guard works with the other services to develop guides and tools with the goal of eliminating or reducing exposure to ergonomic risk, and--

- Improve the health and well-being of the worker
- Improve productivity and quality
- Prevent WMSDs and related injuries and illnesses

This site provides information on the more prevalent WMSDs, symptoms to expect, ergonomic risk factors to consider, and corrective approaches. The primary source for this information is the DoD Ergonomics Working Group Guide (“Preventing Work-Related Musculoskeletal Disorders”). The complete Guide is available at <https://www.denix.osd.mil/denix/Public/Library/Ergonomics/Musculoskeletal/wmsd.html#prev>.